



VINE VALLEY ATHLETIC LEAGUE

11 Brookside Court, Novato, CA 94947

Phone: (415) 302-2779

Email: vvalcommissioner@gmail.com

Commissioner: Scott Davis

Principal/Athletic Director Meeting

March 7, 2023

Location: Justin Siena High School

Time: 9:00am

IN ATTENDANCE	
<u>American Canyon</u> Crystal Lopez-Principal () Cheri Flohr-Assistant Principal () Aaron Johnson-Athletic Director ()	<u>Petaluma</u> Giovanni Napoli-Principal () Kevin Jackson-Athletic Director ()
<u>Casa Grande</u> Dan Osterman-Principal () Erika Noone-Assistant Principal () Jon Antonio-Athletic Director () Chris Weaver-Athletic Director ()	<u>Sonoma Valley</u> Molly Kiss-Principal () Mike Boles-Athletic Director ()
<u>Justin Siena</u> Robert Bailey-VP Student Affairs () George Nessman-Athletic Director () Andy Bettencourt-Assistant AD ()	<u>Vintage</u> Jessica Hutchinson-Principal () Tyler Roberts-Assistant Principal () Cam Neal-Athletic Director ()
<u>Napa</u> Ean Ainsworth-Principal () Darci Ward-Athletic Director ()	<u>Others In Attendance</u>

Call To Order

Agenda

I. Approval of the Agenda

II. Public Comment

Pursuant to Education Code Section 54954.3 and Education Code Section 33353, any member of the public wishing to speak on any matter within the subject matter jurisdiction of the VVAL, CIF, and NCS will be heard at this time. The time for such comment is not more than two (2) minutes per person on an item and no more than twenty (20) total on an item or as designated by the Chair.

III. VVAL Business

- a. Water Polo Contract Information Update
- b. Approval of Fall and Winter Schedules
 - 1. Volleyball (already approved) Attachment A
 - 2. Football Attachment B
 - 3. Girl's Tennis Attachment C
 - 4. Girl's Golf Attachment D
 - 5. Water Polo Attachment E
 - 6. Cross Country Attachment F
 - 7. Basketball Attachment G
 - 8. Soccer (To be discussed)
 - 9. Wrestling Attachment H
- c. Football Start Times for JV (Kevin)
- d. Girls Lacrosse Admission (Discussion)
- e. Girls Flag Football

IV. VVAL Post Season

- a. Awards
- b. Locations

V. Redwood Empire Football Alignment

- a. Alignment Update
- b. Preparation for 2024 (Jessica)

VI. Sportsmanship Discussion

- a. Redwood Empire Ejections Attachment I
- b. Pre-Game Announcements Attachment J
- c. VVAL Bylaws For Sportsmanship & Ethics Attachment K
- d. Forfeits and withdrawal Attachment L
- e. Suggestions and Ideas

VII. Sports Advisory Action Items (Voting Item)

- a. A.CIF BYLAW 2901 (FIRST READING)
Proposal to implement a boys and girls' CIF State Tennis Championship in the 2023-24 academic year.

VIII. New Business (Scott)

- a. League Financials & Outstanding Invoices
 - 1. Winter Revenue and Account Balance
- b. Non-Profit Update
 - 1. Paperwork sent to attorney and check for \$35 for state filing
 - 2. Address as a "Home" for league. Sonoma Valley

IX. Other Business

- a. Future Dates
 - 1. Tuesday, May 2nd @ Petaluma
- b. Open Discussion

X. Closed Session (Jessica)

- a. Dues and Salary

XI. Adjourn

VVAL
2023 Volleyball Schedule

Tuesday, September 5

Justin Siena @ Sonoma Valley
Napa @ Casa Grande
Petaluma @ Vintage

Wednesday, September 6

Vintage @ American Canyon

Thursday, September 7

Napa @ Justin Siena
Petaluma @ Sonoma Valley
American Canyon @ Casa Grande

Tuesday, September 12

Petaluma @ Napa
American Canyon @ Justin Siena
Vintage @ Sonoma Valley

Wednesday, September 13

Casa Grande @ Petaluma

Thursday, September 14

Sonoma Valley @ Casa Grande
Justin Siena @ Vintage
Napa @ American Canyon

Tuesday, September 19

American Canyon @ Petaluma
Vintage @ Napa
Casa Grande @ Justin Siena

Wednesday, September 20

Sonoma Valley @ Napa

Thursday, September 21

Casa Grande @ Vintage
Sonoma Valley @ American Canyon
Justin Siena @ Petaluma

Tuesday, September 26

Sonoma Valley @ Justin Siena
Casa Grande @ Napa
Vintage @ Petaluma

Wednesday, September 27

American Canyon @ Vintage

Thursday, September 28

Justin Siena @ Napa
Sonoma Valley @ Petaluma
Casa Grande @ American Canyon

Tuesday, October 3

Napa @ Petaluma
Justin Siena @ American Canyon
Sonoma Valley @ Vintage

Wednesday, October 4

Petaluma @ Casa Grande

Thursday, October 5

Casa Grande @ Sonoma Valley
Vintage @ Justin Siena
American Canyon @ Napa

Tuesday, October 10

Petaluma @ American Canyon
Napa @ Vintage
Justin Siena @ Casa Grande

Wednesday, October 11

Napa @ Sonoma Valley

Thursday, October 12

Vintage @ Casa Grande
American Canyon @ Sonoma Valley
Petaluma @ Justin Siena

Round 1 of Playoffs: 1 vs. 4 & 2 vs. 3
Location: Justin Siena High School
Date: Tuesday, October 17

Finals

Location: Justin Siena High School
Date: Thursday, October 19

First Day of Practice: August 7
Final Date of Competition: October 21
NCS Seeding Meeting: October 22
VVAL Pre-Season Coaches Meeting: TBD

VVAL 2023 Football Schedule

Friday, September 22, 2023

Napa @ Justin Siena
Sonoma Valley @ Petaluma
American Canyon @ Vintage
Bye Casa Grande

Friday, September 29, 2023

Casa Grande @ Napa
American Canyon @ Sonoma Valley
Vintage @ Justin Siena
Bye Petaluma

Friday, October 6, 2023

Sonoma Valley @ Napa
Petaluma @ American Canyon
Justin Siena @ Casa Grande
Bye Vintage

Friday, October 13, 2023

Napa @ American Canyon
Petaluma @ Justin Siena
Vintage @ Casa
Bye Sonoma Valley

Friday, October 20, 2023

American Canyon @ Casa Grande
Napa @ Petaluma
Sonoma Valley @ Vintage
Bye Justin Siena

Friday, October 27, 2023

Vintage @ Napa
Justin Siena @ Sonoma Valley
Bye American Canyon

Saturday, October 28, 2023

Casa Grande @ Petaluma

Friday, November 3, 2023

Justin Siena @ American Canyon
Petaluma @ Vintage
Casa Grande @ Sonoma Valley
Bye Napa

First Day of Practice:	August 7, 2023
First Day of Scrimmage:	August 18-19, 2023
First Date of Game:	August 23, 2023
NCS At-Large Application Due:	November 4, 2023 10:00PM
NCS At-Large Meeting:	November 5, 2023
NCS First Round Game:	November 10-11, 2023
NCS Semi-Final Games:	November 17-18, 2023
NCS Championships:	November 24-25, 2023
CIF Norcal Regionals:	December 1-2, 2023
State Championships:	December 8-9, 2023
VVAL Pre-Season Coaches Meeting:	TBD

VVAL

2023 Girls Tennis Schedule

Tuesday, September 5

Justin Siena @ Sonoma Valley
 Napa @ Casa Grande
 Petaluma @ Vintage
 American Canyon BYE

Thursday, September 7

Napa @ Justin Siena
 Sonoma Valley @ Petaluma
 Casa Grande @ American Canyon
 Vintage BYE

Tuesday, September 12

Petaluma @ Napa
 American Canyon @ Justin Siena
 Vintage @ Sonoma Valley
 Casa Grande Bye

Thursday, September 14

American Canyon @ Petaluma
 Vintage @ Napa
 Justin Siena @ Casa Grande
 Sonoma Valley BYE

Tuesday, September 19

American Canyon @ Vintage
 Casa Grande @ Petaluma
 Sonoma Valley @ Napa
 Justin Siena BYE

Thursday, September 21

Vintage @ Casa Grande
 Sonoma Valley @ American Canyon
 Petaluma @ Justin Siena
 Napa BYE

Tuesday, September 26

Casa Grande @ Sonoma Valley
 Justin Siena @ Vintage
 Napa @ American Canyon
 Petaluma BYE

Thursday, September 28

Sonoma Valley @ Justin Siena
 Casa Grande @ Napa
 Vintage @ Petaluma
 American Canyon BYE

Tuesday, October 3

Justin Siena @ Napa
 Petaluma @ Sonoma Valley
 American Canyon @ Casa Grande
 Vintage BYE

Thursday, October 5

Napa @ Petaluma
 Justin Siena @ American Canyon
 Sonoma Valley @ Vintage
 Casa Grande BYE

Tuesday, October 10

Petaluma @ American Canyon
 Napa @ Vintage
 Casa Grande @ Justin Siena
 Sonoma Valley BYE

Thursday, October 12

Vintage @ American Canyon
 Petaluma @ Casa Grande
 Napa @ Sonoma Valley
 Justin Siena BYE

Tuesday, October 17

Casa Grande @ Vintage
 American Canyon @ Sonoma Valley
 Justin Siena @ Petaluma
 Napa BYE

Thursday, October 19

Sonoma Valley @ Casa Grande
 Vintage @ Justin Siena
 American Canyon @ Napa
 Petaluma BYE

VVAL Championships:

Singles: Monday, October 23 @ Vintage & NVTA

Doubles: Tuesday, October 24 @ Vintage & NVTA

First Day of Practice:

August 7, 2023

Final date for team competition other NCS Championships:

November 4

NCS At-Large Meeting:

November 9

Final Date for Singles/Doubles Competition other than NCS:

November 8

NCS Team Tennis Championships (Divisions 1 & 2)

November 7, 9, 11

VVAL

2023 Girls Golf Schedule

Tuesday, August 29

Justin Siena @ Sonoma Valley
Napa @ Casa Grande
Petaluma @ Vintage
American Canyon BYE

Thursday, August 31

Napa @ Justin Siena
Sonoma Valley @ Petaluma
Casa Grande @ American Canyon
Vintage BYE

Tuesday, September 5

Petaluma @ Napa
American Canyon @ Justin Siena
Vintage @ Sonoma Valley
Casa Grande Bye

Thursday, September 7

American Canyon @ Petaluma
Vintage @ Napa
Justin Siena @ Casa Grande
Sonoma Valley BYE

Tuesday, September 12

American Canyon @ Vintage
Casa Grande @ Petaluma
Sonoma Valley @ Napa
Justin Siena BYE

Thursday, September 14

Vintage @ Casa Grande
Sonoma Valley @ American Canyon
Petaluma @ Justin Siena
Napa BYE

Tuesday, September 19

Casa Grande @ Sonoma Valley
Justin Siena @ Vintage
Napa @ American Canyon
Petaluma BYE

Thursday, September 21

Sonoma Valley @ Justin Siena
Casa Grande @ Napa
Vintage @ Petaluma
American Canyon BYE

Tuesday, September 26

Justin Siena @ Napa
Petaluma @ Sonoma Valley
American Canyon @ Casa Grande
Vintage BYE

Thursday, September 28

Napa @ Petaluma
Justin Siena @ American Canyon
Sonoma Valley @ Vintage
Casa Grande BYE

Tuesday, October 3

Petaluma @ American Canyon
Napa @ Vintage
Casa Grande @ Justin Siena
Sonoma Valley BYE

Thursday, October 5

Vintage @ American Canyon
Petaluma @ Casa Grande
Napa @ Sonoma Valley
Justin Siena BYE

Tuesday, October 10

Casa Grande @ Vintage
American Canyon @ Sonoma Valley
Justin Siena @ Petaluma
Napa BYE

Thursday, October 12

Sonoma Valley @ Casa Grande
Vintage @ Justin Siena
American Canyon @ Napa
Petaluma BYE

VVAL Golf Championships:

First Day of Practice:
Deadline for leagues to determine Qualifiers:
NCS Applications Due:
NCS At-Large Meeting:
NCS Division 2 Championship/Individual Qualifier:
NCS Division 1 Championship:
Norcal Championship:

Monday, October 16 TBD

August 7, 2023
October 17
October 17 (8:00pm)
October 18
October 23
October 30
November 6

Vine Valley Athletic League
Water Polo Schedule 2023
 (Year 1 of a 2 Year Rotation)

Tuesday, September 5

Sonoma Valley @ Napa
 Ukiah @ Justin Siena
 Cardinal Newman @ Vintage
 Petaluma @ American Canyon

Thursday, September 7

Napa @ Justin Siena
 Vintage @ Sonoma Valley
 Petaluma @ Ukiah
 American Canyon @ Cardinal Newman

Tuesday, September 12

Napa @ Vintage
 Justin Siena @ Petaluma
 Sonoma Valley @ American Canyon
 Ukiah @ Cardinal Newman

Thursday, September 14

Petaluma @ Napa
 American Canyon @ Vintage
 Cardinal Newman @ Justin Siena
 Sonoma Valley @ Ukiah

Tuesday, September 19

Napa @ American Canyon
 Cardinal Newman @ Petaluma
 Vintage @ Ukiah
 Justin Siena @ Sonoma Valley

Thursday, September 21

Napa @ Cardinal Newman
 American Canyon @ Ukiah
 Petaluma @ Sonoma Valley
 Vintage @ Justin Siena

Tuesday, September 26

Ukiah @ Napa
 Sonoma Valley @ Cardinal Newman
 Justin Siena @ American Canyon
 Vintage @ Petaluma

Thursday, September 28

Napa @ Sonoma Valley
 Justin Siena @ Ukiah
 Vintage @ Cardinal Newman
 American Canyon @ Petaluma

Tuesday, October 3

Justin Siena @ Napa
 Sonoma Valley @ Vintage
 Ukiah @ Petaluma
 Cardinal Newman @ American Canyon

Thursday, October 5

Vintage @ Napa
 Petaluma @ Justin Siena
 American Canyon @ Sonoma Valley
 Cardinal Newman @ Ukiah

Tuesday, October 10

Napa @ Petaluma
 Vintage @ American Canyon
 Justin Siena @ Cardinal Newman
 Ukiah @ Sonoma Valley

Thursday, October 12

American Canyon @ Napa
 Petaluma @ Cardinal Newman
 Ukiah @ Vintage
 Sonoma Valley @ Justin Siena

Tuesday, October 17

Cardinal Newman @ Napa
 Ukiah @ American Canyon
 Sonoma Valley @ Petaluma
 Justin Siena @ Vintage

Thursday, October 19

Napa @ Ukiah
 Cardinal Newman @ Sonoma Valley
 American Canyon @ Justin Siena
 Petaluma @ Vintage

VVAL Championship Tournament:

Tuesday, October 24 (2 vs. 3 and 1 vs. 4) @ TBD

Thursday, October 26 Championships @ TBD

First Day of Practice:

August 7, 2023

Number of Contests Allowed:

24 Matches and 2 Scrimmages

Match Start Times:

Varsity Girls 5:00/Varsity Boys 6:00 (With No JV)

Varsity Girls 4:00/Varsity Boys 5:00/JV Girls 6:00/JV Boys 7:00

2nd Round switch Varsity Boys 5:00 / Varsity Girls 6:00

Final date of Competition other than NCS Championships:

October 28

At-Large Applications Due:

October 29 (9pm)

NCS At-Large Meeting:

October 30

NCS Championships:

November 1, 2, 4, 8, 11

**Vine Valley Athletic League
2023
Cross Country Schedule**

VVAL Center Meets

Wednesday, September 27th

Hosted by: Vintage High School
Location: TBD
Time: 3:30pm

Wednesday, October 11th

Hosted by: Casa Grande High School
Location: TBD
Time: 3:30pm

Wednesday, October 25th

Hosted by: Justin Siena High School
Location: TBD
Time: 3:30pm

VVAL Championships

Saturday, November 4th

Hosted by: Petaluma High School
Location: TBD
Time: 9:30am

First Day of Practice:	August 7
Final date of Competition other than NCS Championships	November 11
NCS Entries Due:	November 12 (11:59pm)
NCS Championships:	November 18
CIF State Championships:	November 25

VVAL
2023-24 Basketball Schedule

Wednesday, January 3, 2024

Casa Grande @ Napa
Sonoma Valley @ Petaluma
Justin Siena @ Vintage
American Canyon-Bye

Friday, January 5, 2024

American Canyon @ Casa Grande
Napa @ Justin Siena
Vintage @ Petaluma
Sonoma Valley-Bye

Monday, January 8, 2024

Casa Grande @ Petaluma
Sonoma Valley @ Vintage
Napa @ American Canyon
Justin Siena-Bye

Wednesday, January 10, 2024

Justin Siena @ Casa Grande
Petaluma @ Napa
American Canyon @ Sonoma Valley
Vintage-Bye

Friday, January 12, 2024

Petaluma @ American Canyon
Justin Siena @ Sonoma Valley
Vintage @ Napa
Casa Grande-Bye

Tuesday, January 16, 2024

Petaluma @ Justin Siena
Vintage @ American Canyon
Sonoma Valley @ Casa Grande
Napa-Bye

Thursday, January 18, 2024

American Canyon @ Justin Siena
Napa @ Sonoma Valley
Casa Grande @ Vintage
Petaluma-Bye

Saturday, January 20, 2024

Napa @ Casa Grande
Petaluma @ Sonoma Valley
Vintage @ Justin Siena
American Canyon-Bye

Tuesday, January 23, 2024

Casa Grande @ American Canyon
Justin Siena @ Napa
Petaluma @ Vintage
Sonoma Valley-Bye

Thursday, January 25, 2024

Petaluma @ Casa Grande
Vintage @ Sonoma Valley
American Canyon @ Napa
Justin Siena-Bye

Saturday, January 27, 2024

Casa Grande @ Justin Siena
Napa @ Petaluma
Sonoma Valley @ American Canyon
Vintage-Bye

Tuesday, January 30, 2024

American Canyon @ Petaluma
Sonoma Valley @ Justin Siena
Napa @ Vintage
Casa Grande-Bye

Thursday, February 1, 2024

Justin Siena @ Petaluma
American Canyon @ Vintage
Casa Grande @ Sonoma Valley
Napa-Bye

Saturday, February 3, 2024

Justin Siena @ American Canyon
Sonoma Valley @ Napa
Vintage @ Casa Grande
Petaluma-Bye

VVAL Playoffs: Week of February 5-10

Quarter Finals: Feb. 6 (2 vs. 7, 3 vs. 6, 4 vs. 5 @ higher seed)

Semi-Finals: February 8

(1 vs. lowest seed, next remaining teams each at Highest Seed)

Finals: February 10 Site TBD

First Day of Practice:	October 30	At-Large Seeding Meeting:	February 11
Foundation Games:	November 21	NCS Games:	February 13-24
Last Date of League Competition:	February 10	Norcal:	Feb. 27-March 5
NCS Applications Due:	February 10	CIF State Championships:	March 8-9
Deadline to determine Qualifiers:	February 10		

**Vine Valley Athletic League
2023-24
Wrestling Schedule**

<p><u>Wednesday, December 13</u> Napa @ Petaluma Vintage @ Casa Grande Justin Siena @ American Canyon Sonoma Valley Bye</p> <p><u>Wednesday, January 3</u> Petaluma @ American Canyon Casa Grande @ Sonoma Valley Napa @ Justin Siena Vintage Bye</p> <p><u>Wednesday, January 10</u> Napa @ Vintage Petaluma @ Casa Grande Sonoma Valley @ American Canyon Justin Siena Bye</p> <p><u>Friday, January 12</u> American Canyon @ Napa Petaluma @ Justin Siena Sonoma Valley @ Vintage Casa Grande Bye</p>	<p><u>Wednesday, January 17</u> Petaluma @ Sonoma Valley American Canyon @ Casa Grande Vintage @ Justin Siena Napa Bye</p> <p><u>Wednesday, January 24</u> American Canyon @ Vintage Justin Siena @ Casa Grande Napa @ Sonoma Valley Petaluma Bye</p> <p><u>Wednesday, January 31</u> Vintage @ Petaluma Sonoma Valley @ Justin Siena Casa Grande @ Napa American Canyon Bye</p>
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Maximum Number of Contests: 40
Maximum Number of Scrimmages: 2
Official Start Date: October 30

Final date for competition other than league individual qualifying tournament or NCS & CIF Championships	January 31
Deadline for leagues to determine dual team qualifiers & at-large applications due	January 31 (10 pm)
Dual Team Competition (student competition)	February 3
Deadline for leagues to determine individual qualifiers	February 10
NCS Girls entries due	February 10 (5 pm)
NCS Boys entries due	February 10 (11:59pm)
Seeding Meeting	February 11
NCS Championships	February 16-17
CIF State Championships	February 22-24

VVAL Ejection Summary

Fall

School	Sport	Coach	Player	Fan	TOTALS
Justin Siena	Football	0	1	0	1
Casa Grande	N/A	0	0	0	0
Petaluma	Football	0	1	0	1
Sonoma Valley	Football	0	3	0	3
American Canyon	Water Polo	0	1	0	1
Napa	Football	1	0	0	1
Vintage	Volleyball Water Polo	1	1	3	5

VVAL=12 of 24 ejections in the Redwood Empire 50%

NBL=8 of 24 ejections 33%

MCAL=4 of 24 ejections 17%

Winter

School	Sport	Coach	Player	Fan	Winter Totals	SYTD
Justin Siena	N/A	0	0	0	0	1
Casa Grande	Basketball	1	1	0	2	2
Petaluma	Boys Soccer	0	1	0	1	2
Sonoma Valley	Boys Soccer Basketball	0	2	1	3	6
American Canyon	Boys Soccer Boys Basketball	0	2	0	2	3
Napa	Boys Soccer Girls Soccer	0	5	0	4	5
Vintage	Girls Wrestling Boys Basketball Boys Soccer	1	4	0	5	10

VVAL=17 of 40 ejections in Redwood Empire 42.5%

NBL=9 of 40 ejections in Redwood Empire 22.5%

MCAL=14 of 40 ejections in Redwood Empire 35%

VVAL is 25% of the schools in the Redwood Empire but 50% of the ejections

NBL=43% of the Schools

MCAL=32% of the Schools

(Read before each game)

Vine Valley Athletic League

SPORTSMANSHIP STATEMENT

SCHOOLS IN THE Vine Valley Athletic League ARE ATTEMPTING TO PROMOTE GOOD SPORTSMANSHIP THROUGHOUT THE LEAGUE AND THROUGHOUT THE AREA. TO SO DO, WE NEED THE HELP OF EVERYONE INVOLVED IN THE GAME. WHETHER YOU ARE A PLAYER, CHEERLEADER, COACH OR SPECTATOR, PLEASE HELP US TO PROMOTE THE IDEAL OF GOOD SPORTSMANSHIP IN COMPETITION. YOU CAN SHOW YOUR SUPPORT BEST BY EXTENDING YOUR COURTESY TOWARDS THE PLAYERS, STAFF, FANS AND OFFICIALS. THANK YOU FOR MAKING THIS A POSITIVE EXPERIENCE FOR EVERYONE INVOLVED.

Code of Ethics

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To show cordial courtesy to visiting teams and officials.
4. To stress the values derived from playing the game fairly.
5. To establish a cordial relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game--not a matter of life and death for the player, coach, school, officials, fan, community, state or nation.

Affiliations

The Vine Valley Athletic League is governed by the constitution, bylaws and other rules of the North Coast Section (NCS) and the California Interscholastic Federation (CIF). Any NCS or CIF rulings that govern all leagues automatically become part of this constitution. No rules or regulations in this constitution or bylaws shall be in conflict with NCS or CIF rules and regulations.

ARTICLE VII

Sportsmanship

NCS Values and Ethics Mission Statement

“It is the mission of the North Coast Section to provide wholesome, educational athletic activities that foster the ideals of sportsmanship, ethical conduct and fair play. All competition and practices shall be conducted in a safe manner that assures dignity, respect and courtesy for players, coaches, officials and spectators.”

1. School administrators have primary responsibility for the conduct of all interscholastic athletic activities including behavior of all participants: players, coaches, representative student groups and spectators.
2. Administrators are responsible for reporting to opposing school any unsportsmanlike behavior on the part of coaches, players or spectators. Visiting and hosting administrators should identify themselves to each other and the officials at the beginning of each contest to facilitate such reporting.
3. Any complaints about the conduct of players, coaches, cheering section or spectators should be brought to the attention of school administrators. Host and visiting administrators will investigate the situation. Official complaints to VVAL must be made in writing on a signed VVAL complaint form. The Commissioner will maintain a record of such complaints. Any complaints not resolved by host and visiting administrators to the satisfaction of the commissioner and/or president or an established pattern of complaints against a particular school may be brought to the Board of Managers for resolution.
4. Coaches are responsible for appropriate disciplinary action against a player who exhibits unsportsmanlike conduct.
5. An official may award a technical foul to a team for unsportsmanlike conduct on the part of a coach, player, spectator or cheering section. Administrators may remove a spectator for inappropriate behavior. Repeated unsportsmanlike conduct, particularly on the part of the cheering section or individual spectators, may cause forfeiture of the contest.
6. Athletes:
 - Are expected to show the highest standards of sportsmanship during competition. Examples of inappropriate behavior by athletes include:
 - disrespectfully addressing an official
 - disrespectfully addressing an opponent
 - indicating objection to an official’s decision by words, gestures or physical behavior
 - doing anything that might incite undesirable spectator reactions

- Share in the responsibility for the conduct of their teammates and supports of their team

7. Coaches:

- Are expected to maintain decorum consistent with the educational values of interscholastic athletics. By personal example, coaches are expected to demonstrate awareness of these values by showing restraint and composure in the emotional climate of an athletic contest. Examples of inappropriate behavior by coaches include:
 - disrespectfully addressing an official
 - disrespectfully addressing an opponent
 - indicating objection to an official's decision by words, gestures or physical behavior
 - doing anything that might incite undesirable spectator reactions
 - deliberately violating or allowing players to violate rules (listed in the official rule book for that sport)
- Should insist their players conduct themselves appropriately.
- Are responsible for the appropriate conduct of their personnel including assistant and volunteer coaches.
- Are expected to contact the hosting coach prior to any contest if there are questions or complaints regarding conditions and/or procedures of a contest. Questions regarding conditions and/or procedures that arise or change during the course of a contest shall be directed to the officials.

8. Spectators:

- Are required to maintain a high degree of sportsmanship before, during and after athletic contests.
- Must remain in designated seating areas while a contest is in progress.
- Must abide by VVAL rules or any rules in effect by the host school.
- Must refrain from confronting an official, coach or player before, during or after an athletic contest.

9. Cheering Sections:

- Should focus on team support and rooter spirit
- Must refrain from unsportsmanlike yells such as:
 - deprecating yells directed toward the opposing school
 - deprecating yells directed toward a player on the opposing team
 - deprecating yells directed toward the official(s)
 - profanity
- Should never interfere with officials, team warm up or playing of the game.
- Should follow the leadership of cheerleaders for organized cheers. Cheerleaders are not present simply to perform.

10. Bands:

- May play at home events during the league season before a game, during time-out, at half-time and after the game. At playoffs, bands should take turns performing in an order determined by the band directors before the game.
- May use instruments only as musical instruments, not as noisemakers.
- Must terminate a number when a team breaks a huddle or the official indicates play is to be resumed.
- Should never interfere with officials, team warm up or playing of the game.

PURSUING VICTORY WITH HONOR: the operating beliefs and principles of the CIF

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership—including coaches, athletics administrators, program directors and game officials—to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of

student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to students-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desire and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of : 1) The character building aspects of sports, including technique and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coaches as well as first aid; 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches through words and example must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

ARTICLE XII

Forfeiture of Contests

A. All reasonable efforts shall be made by schools and administrators to prevent situations from reaching the state where a school finds it necessary to cancel a contest with another member school. In all but the most unusual cases, disagreements shall be settled by the principals of the two schools. In cases where agreements cannot be reached, a special Arbitration Committee shall be named to adjudicate disputes between schools. The following provisions relate to the committee.

1. It shall be composed of three members appointed by the president or commissioner.
2. The committee shall judge and make final disposition of the case. A copy of the decision shall be sent to the commissioner.